

Appendix 2

Feedback from Living Well After Stroke event

11 May 2019

From evaluation forms filled in on the day and via Survey Monkey afterwards

Plus additional feedback via email and social media

40% of participants had filled in an online evaluation by 6 June, the survey is now closed.

Registration process Happy 91% Ok 9% Unhappy 0

Guest speakers Happy 91% Ok 9% Unhappy 0

Workshop 1: Journey back to work Happy 83% Ok 17% Unhappy 0

Workshop 2: Dealing with stress Happy 85% Ok 15%

Workshop 3: Money issues Happy 50% Ok 50%

Workshop 4: Children & family life Happy 80% Ok 20%

Workshop 5: Socially connected & active Happy 100%

What matters to you session Happy 71% Ok 29% Unhappy 0

Stalls Happy 88% Ok 12%

Accessibility of venue Happy 80% Ok 20%

Catering Happy 80% Ok 20%

Was the event what you expected?

Yes 90% No 10%

- Better than I expected
- It was actually better
- Didn't know what to expect
- Very interesting and worthwhile
- Although we did expect it to be a mixture of stroke survivors and carers, I feel there could have been a speaker from a husband/wife/partner, etc.

What were the highlights for you?

- Listening to guest speakers and other stroke stories
- Returning to work workshop and also, from networking, realising I'm not alone in terms of coping with people's attitudes to invisible disabilities
- My husband being able to say how he feels dealing with my new situation
- The opportunities for informal discussion and to meet people. The format of the day got people talking to each other. It was also inspiring to hear how other people had managed to rebuild their lives
- Meeting other stroke survivors and hearing about their journey
- Meeting other stroke survivors and the workshops. The lunch was amazing too
- Meeting others
- The final speaker describing how to let go of the old you after a stroke and moving on with the new you
- People who made a speech about their own stroke stories
- Being able to swap tips, etc. with other stroke survivors
- Guest speakers and having my son (carer) there so he could get greater insight

What could have been improved?

- Nothing, it was great!
- Maybe a little longer so we have time to process the information
- Health services representation?
- Time to attend ALL workshops
- A box could have been there getting people's questions that they didn't want everyone to know it was them asking
- More speakers giving their view on being a stroke carer

- I didn't meet anyone on the day who was a carer. Also it was difficult for survivors walking with a stick and no right arm function to get food and drinks, the lift was out of order and I found it difficult pushing my 12 stone husband up the ramp
- Excellent event, sound system could have been better

What was your overall impression of the event?

- Well run and positive environment
- Great
- Excellent and maybe do one for employers, doctors, etc.
- Provided some positive messages and a safe place to talk
- Very positive and uplifting
- Very good and well run
- A good one! The stall, food and workshops were well organised
- It was informative and friendly
- Very informative, inspirational and emotional! Thank you

Additional comments:

- Please make it a regular event
- Thank you and keep up the good work
- It was great to hear other people's success stories. It is inspiring to hear of people getting back to work and family life. For my wife, who had a severe stroke, and for whom returning to work is not a likely outcome, it would be good to hear how other people, who have not been able to return to work, have managed nonetheless to recreate meaningful lives
- Thank you for a wonderful day
- Wish I had made more contacts, the time just vanished
- Closer rooms for stroke survivors who had difficulties walking
- Really good event. Would it be something Stroke association could get involved with?

Other feedback via social media and email

From attendees:

- Fantastic day. Really good to hear stories of how other people have coped, adapted and rebuilt their lives – so important to hear
- Very worthwhile for networking and discussion
- I didn't know what to expect but the event was very interesting and useful.
- Very enjoyable, friendly and informative
- Paul Leask in workshop 1: Journey back to work, was brilliant and inspiring

From members of staff:

- I was very happy to be there and felt that the whole day had a very relaxed but constructive atmosphere. I attended Workshops 2 and 3 and found both interesting
- This event has highlighted the need for focus on people who need to carry on with family life after a stroke where as potentially most support and guidance is aimed at older people e.g. how to change a nappy with one working arm, there must be information for amputees about this and it would be exactly the same for someone who has had a stroke
- Great attendance and people had travelled quite some distance to attend so it shows how much it was needed as an event. There were so many rich stories highlighting the value people placed on the event – one young person attended and said it was the first event she had been to on her own since having her stroke
- There was such a positive vibe to the event, and the attendees got so much out of it - it really did offer a lot of comfort to a lot of people who could really relate to one another and share experiences, worries, concerns, strategies. I genuinely think if I'd been an attendee I'd have left with hope in my heart. The event did meet the needs of so many and mobilised a whole lot of peer support for the attendees

From Paul Burns on Facebook

(Paul was featured in Press publicity prior to the event):

Had a fantastic day at the 'Living Well After Stroke' event held in Perth on Saturday. I was asked along to talk about the videos we have made of my progress to show that with a bit of determination and stubbornness life can get better. Thanks also to all at the Positive Stroke Solutions group (CHSS & NHS North Lanarkshire) who have shown me how to remain positive throughout this chapter in my life.

Can I ask that you subscribe to my YouTube channel? I ask this for two reasons:

1. In my opinion it gives other stroke survivors a chance to see that it is not the end of their life!
2. My son, Craig, has challenged me to promote the videos to show how family influence the recovery just as much as the professional medical teams